FIU | Student Health and Wellness

# FACULTY & STAFF:

## A QUICK HOW-TO GUIDE TO SUPPORTING YOUR STUDENTS

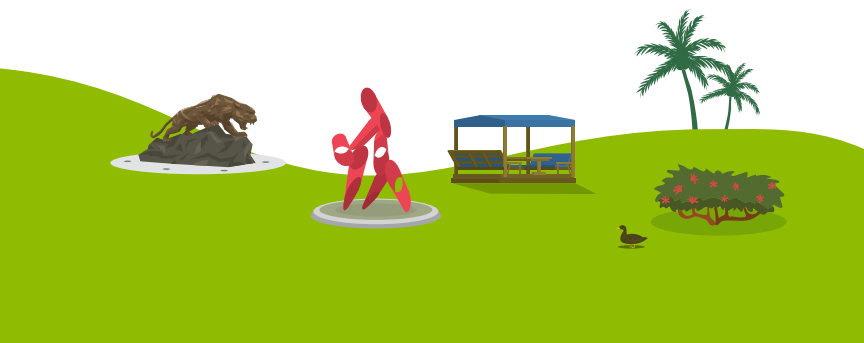
Complete the Kognito Mental Health training for faculty and staff on ***develop.fiu.edu***

Get familiar with resources available to students so you can provide a referral (e.g., online and in-person therapy, nutrition and sleep consultations, health exams, massages). Visit the ***Student Health and Wellness*** page to find out more at ***shw.fiu.edu***

Learn the common indicators that students exhibit when they are in need of assistance (see reverse side)

If there is an incident related to Title IX, Conduct, or Dean of Students. Please report it directly to: ***report.fiu.edu***

If there is any threat to self or others, please call ***FIU Police***:
**MMC: 305-348-5911**
**BBC: 305-919-5911**



# COMMON INDICATORS OF STUDENTS IN NEED OF ASSISTANCE

**Academic:**
- Sudden decline in quality of graded work
- Repeat absences or excessive requests for extensions
- Frequent classroom disruptions or noticeable loss of concentration

**Emotional:**
- Overly anxious, sad, depressed, irritable, frustrated, or apathetic
- Noticeable change in personality
- Withdrawal from social groups/isolating

**Safety Risk**
- Unprovoked rage, hostility, or despair
- Imminent threat to harm self or others
- Evidence of self-harm
- Assignments dominated by themes of extreme isolation, hopelessness, rage, despair, suicidal ideation, or violent acts

**Physical**
- Changes in appearance; decline in hygiene or weight loss/gain
- Excessive fatigue or exhaustion
- Signs of intoxication, hangovers, smelling of alcohol, or under the influence of drugs
- Recurrent episodes of illness, colds, etc.


***Dean of Students Office***

*dos.fiu.edu & report.fiu.edu*
*dos@fiu.edu*
*305.348.3396*
*@fiushw*

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